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U.S. Department of Agriculture

RELEASE FOR PUBLICATION :
JANUARY 1, 1941 :

WASHINGTON, D. C.

THE MARKET BASKET
by

Bureau of Home Economics, U. S. Department of Agriculture

EAT THE RIGHT FOOD

With the New Year comes a brand new leaflet from the Bureau of Home Economics of the United States Department of Agriculture, published in cooperation with other government agencies.

The title is long, but the leaflet is short and definitely to the point. It's called, "Eat the Right Food to Help Keep You Fit." As the name implies, it is a practical guide for planning well-balanced meals.

No fortune-tellers, Americans look into 1941 a little uncertain of what is in store. But they're sure of one thing. The health and strength of the nation is more important than ever before, and that makes the health and strength of each family doubly important. This starts the wise homemaker thinking about good diets, buying the right food, cooking it properly.

Time and time again, nutritionists have shown how the right food builds and repairs the body, keeps it in good running order. They know that the right food gives the energy for work and play, and helps prolong the prime of life. In fact, the right food is the basis for good health.

But to know which are the right foods is not easy for the average person, untrained in nutrition. And that's where this new leaflet can help. In a handy abbreviated form, it contains all the essential information for planning good diets.

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In working out a balanced diet, it's easiest to group together the three meals of the day. Breakfast may be short in some of the important foods, but lunch or dinner makes up for it.

"Eat the Right Food...." follows this plan, and gives a list of foods to be included in each day's meals. This is how the list reads:

MILK.....For a growing child, 3/4 to 1 quart
For an expectant or nursing mother, 1 quart
For other family members, 1 pint or more

LEAFY, GREEN, OR YELLOW VEGETABLES.....1 or more servings

TOMATOES, ORANGES, GRAPEFRUIT, ANY
RAW FRUIT OR VEGETABLE RICH IN
VITAMIN C.....1 or more servings

POTATOES, OTHER VEGETABLES, OR FRUIT.....2 or more servings

EGGS.....1 (or at least 3 or 4
a week)

LEAN MEAT, POULTRY, FISH.....1 or more servings

CEREALS AND BREAD.....At least 2 servings
of whole-grain products

FATS AND SWEETS.....As needed to satisfy
the appetite.

WATER.....6 or more glasses

To make the diet guide easier to understand, each group is broken down and examples are given. For instance, the group called "milk" includes dry and evaporated milk, as well as fresh fluid milk. Skim milk, buttermilk, and cheese also belong under this general heading.

All kinds of vegetables are needed in well-balanced meals. The green leafy vegetables, which are emphasized, include spinach, kale, chard, collards, mustard greens, beet or turnip tops, and wild greens such as dandelion, lambs-quarters, dock, cress, purslane.

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When counting the eggs that go into the family meals, remember to give full credit for those in sauces, custards, and baked dishes. But also be sure to serve some eggs as eggs -- poached, scrambled, fried, or cooked in the shell.

In the "meat" group there's plenty of variety with fish and poultry as well as the different meat cuts to choose from. Dried peas or beans may sometimes be used as the main dish to make the diet more economical.

For infants and growing children, there's one more item to add to the diet list. Children need fish-liver oil, direct sunshine, or some rich source of vitamin D each day.

This leaflet has been prepared for the family that takes its nutrition seriously, the family that wants to do something about diet improvement. Free copies are available upon request to the Department of Agriculture in Washington, D. C.

INFORMATION FOR THE PRESS

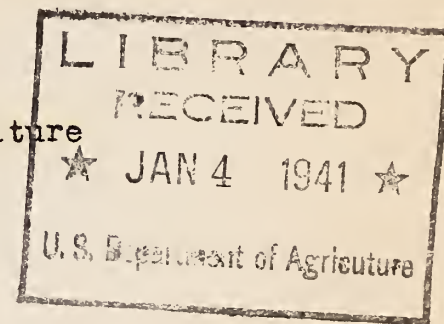
United States Department of Agriculture

RELEASE FOR PUBLICATION :
JANUARY 8, 1941 :

WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

PLANNING TO PRODUCE MORE FOOD



Running a family is like running a business. The beginning of the calendar year is a good time to take stock of what is on hand -- to look ahead and decide what is needed in the line of food, clothing, replacements for the next 12 months -- to draft out a program of action.

Food, of course, tops the list of needs. But it must be more than "just enough to eat." The family's food supply should represent an adequate diet that will promote abounding health and vitality, says the Bureau of Home Economics of the U. S. Department of Agriculture.

Studies made by the Bureau show that vast numbers of American families do not have the cash to buy adequate diets. However, most farm families and many village families are fortunate in having the land to raise part of their own food supply -- the part that costs so much to buy -- the part that helps so much in making diets adequate.

Most farm families have the space for a vegetable garden, a patch of berry bushes, perhaps even an orchard. If they've planned their needs ahead, there will be a variety of fresh fruits and vegetables all during the summer and fall. By making a food budget and preserving the surplus there will be canned, stored, or frozen fruits and vegetables to last until the garden bears again.

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Farm families can usually find the time to care for a flock of chickens that will give them poultry and eggs through most of the year. Many of them can keep cows to supply them with fresh milk and cream, and they can make butter and cheese at home. They can fatten pigs, and raise a calf and a lamb for a home-produced meat supply. If there is a freezer locker nearby, the family can have both fresh meat and cured meat throughout the year.

Besides these foods, they will need some sugar, flour, and cereals. Part of the "sweetening" can be produced at home if the family has a field of cane, a few hives of bees, or a grove of sugar maples. Farm families who raise wheat and corn can have it ground for their own use.

To produce all of these foods calls for planning ahead, hard work, and some risk. But the advantage of having more adequate diets, far overbalances these costs.

It's easier to estimate the food needs for the coming year, if there is a record from last year to use as a guide. Planning is more than a matter of budgeting for the future; it is also a matter of keeping records from day to day to see how the program works out, what mistakes were made, how to improve the family plans.

The farm family can get help in making diet plans from the State agricultural college, the county extension agent, the home demonstration agent, and in some cases from the county Farm Security office. Then they can list the amounts of all the different foods needed by each person in the family during the year. From there it is easy to calculate how much the entire family needs and how this will work out in terms of rows of vegetables, gallons of milk, dozens of eggs, and so on.

For example, a family with three children would need about 950 gallons of milk for drinking, cooking, making butter and cheese. The family would probably

have two cows so they could have milk all the year round. Skim milk, buttermilk, and whey left from churning will help feed the pigs and chickens.

A flock of 100 laying pullets each fall would give them all the eggs they needed, with some surplus to sell for cash. They would eat the cockerels and non-producing hens so there would be about one chicken dinner each week.

One baby beef, two hogs, and one lamb would take care of their meat and lard supply for the year.

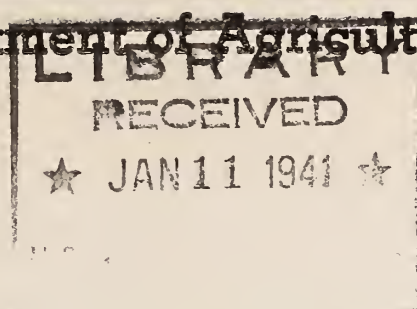
They would need at least a half acre of vegetable garden as well as a half acre for potatoes. Another half acre for berry bushes and fruit trees would take care of their fruit supply.

Prosperity is not always figured in terms of dollars and cents. Plenty of good food that keeps folks in good health is worth much to any family. Planning and planting puts this kind of prosperity within the reach of any farm family.

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WASHINGTON, D.C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

WHEN BUYING MEAT ---
LOOK FOR THE PURPLE STAMPS

"If you want to make sure of getting your money's worth out of what you spend for beef, veal, or lamb, it will pay you to know the Federal meat grades," says W. O. Fraser of the U. S. Department of Agriculture. Mr. Fraser heads up the meat-grading work of the Agricultural Marketing Service, the agency in charge of Federal meat grading.

"As surely as the butcher's scales show you how much meat you are getting," Mr. Fraser points out, "the purple grade stamp indicates the quality of the meat."

This purple grade stamp vouches for the fact that the meat has been judged for quality by competent officials. On a large cut of meat this stamp has the appearance of a narrow, pale purple ribbon. A close-up view shows the grade name printed clearly over and over, with A M S, the initials of the Agricultural Marketing Service, stamped occasionally. The grade stamp will appear on every retail cut.

Also purple, but not to be confused with the grade identification, is the round stamp used in Federal meat inspection. The round purple stamp shows that the meat has passed the inspection of other Federal experts who examine it for its wholesomeness as food.

Both stamps are of a harmless vegetable coloring and need not be cut off before cooking.

"Of all our meat-grading services, we consider the grading of beef the most helpful," Mr. Fraser says. "For beef is perhaps the most difficult of all meats for the inexperienced shopper to judge. Also Americans eat much more beef than they do lamb or veal."

The homemaker who learns the beef grades and their position on the quality scale will also know the grades of lamb and veal, because they are identical. In descending order as to their quality, the five grades of beef sold on the butcher's block are -- "prime," "choice," "good," "commercial," and "utility."

Ordinarily, butchers will keep on hand only one of these grades. Less than 1 percent of all beef produced can meet the requirements of "prime" grade. Consequently, most of this top grade goes to dining rooms and restaurants catering to a luxury trade.

"Choice", therefore, is the highest grade of beef available for the most discriminating retail trade. Choice meat has a moderately thick covering of white or creamy white fat. The lean meat is bright in appearance, well marbled with fat. "Marbling" is the way meat experts refer to the tiny flecks and streaks of fat scattered through the lean.

"Good" grade beef is used most widely by those who want quality at a moderate price. The fat covering on this beef is thinner, and the cut surface of the lean shows some marbling of fat.

"Commercial" beef has very little, if any excess fat. The fat covering is thin, and the cut lean meat shows practically no marbling of fat.

"Utility" beef has even less fat covering and rarely any fat marbling through the lean. This grade of beef is not satisfactory for oven roasting or broiling, but can be used to advantage in pot roasts, stews, and similar dishes.

There are other differences in the grades, too, but most of them can be observed only by expert meat graders.

Important to the consumer is the fact that the grade does not reflect nutritive values. Every one of the grades can be a good "buy" if the homemaker knows how to get the best out of it by proper cooking.

For instance, a top round or rump steak from a choice grade of beef will be tender enough and have enough fat on it to make an excellent piece to broil. But this same steak from a commercial grade would be better made up into a Swiss steak with some added moisture and a lid on the pan to keep in the steam and help soften the connective tissue. Both make equally nourishing food and both have good flavor. But it takes the right kind of cooking to bring out the best in each.

Federal meat grading started less than 15 years ago--at the request of meat distributors and producers. Every year, since 1927, it has expanded. At first beef was the only meat graded. In 1930, lamb and veal were added. Pork is regularly not graded for the consumer trade according to Mr. Fraser, because a large percentage of the pork produced in this country does not vary a lot in quality.

Today, Government graded meat is available in most large cities and in many towns from coast to coast. Government graders are stationed in 27 key meat-packing cities over the country, so that practically every dealer in meat can buy Federally graded meat if he wants it.

To show consumers how Government meat-grading takes the guesswork out of buying beef, the Agricultural Marketing Service has issued a new bulletin. Copies of "Buying Beef by Grade," Miscellaneous Publication No. 392 may be obtained on request from the U. S. Department of Agriculture, Washington, D.C.

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WASHINGTON, D. C.

THE MARKET BASKET

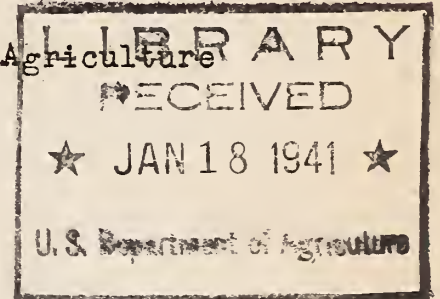
by

Bureau of Home Economics, U. S. Department of Agriculture

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PEANUTS PREFERRED

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"If peanut consumers can keep up with the producers -- 1941 will be a blue-ribbon peanut year any way you look at it," according to Albert M. Dickson, who is in charge of the peanut marketing program of the Surplus Marketing Administration, U. S. Department of Agriculture.

"Just harvested," says Mr. Dickson, "is the largest peanut crop on record, a crop so big that it tops all previous records with tons of peanuts to spare."

There's hardly a person in the United States to whom this news isn't pertinent. For salted peanuts and peanut candies have become favorites everywhere-- from the circus grounds to the bridge tables. And now peanuts also have found their way into the kitchen -- in many kinds of cooked dishes and baked products.

The peanut is really a legume like the pea, from which it gets the first part of its name. But, unlike other legumes, the peanut plant bears long shoots or "pegs." These pegs burrow underground, and there the pods grow on the end of the pegs. Each pod contains one, two, or three delicious kernels. These kernels are so much like nuts that they can be used the same way as walnuts, pecans, or almonds. Yet they also have the characteristics of legumes, and can be used like dried peas or beans.

Journal of Interpersonal Violence 26(10)

1941

THE UNIVERSITY OF CHICAGO PRESS

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1. *Pharmaceutical industry* – The pharmaceutical industry is a major player in the healthcare sector, responsible for the development, production, and distribution of drugs. It is a highly regulated industry with significant research and development costs.

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Peanut butter, one of the best known sandwich spreads, is a rather new product. At least, grandmother never carried a peanut butter sandwich to school for lunch as children do today.

A good share of the peanut crop each year is made into peanut butter by commercial concerns. But, according to the Bureau of Home Economics of the U. S. Department of Agriculture, it is easy enough to make peanut butter at home with an ordinary meat grinder equipped with a very fine blade. The peanuts must be roasted first, either purchased that way or roasted in the oven at home. Use peanuts with the shells and skins removed, and grind the nuts two or three times so the butter is fine and granular, but not pasty. Mix a little salt with the peanut butter, and add a little bland table oil if it seems too dry. Pack into a dish or jar that can be covered tightly and keep in a cool place.

The peanut butter sandwich filling is at its best when combined with something crisp, something sweet, or something sour. Chopped carrot or chopped onion gives a crisp texture to the sandwich. Chopped dried fruits such as raisins, dates, or prunes blend well with peanut butter. So do jelly, jam, and honey. Catsup, chili sauce, salad dressing, or chopped pickles add a zestful tart note.

But peanut butter is not confined to sandwiches. It makes a soup that is different and delicious. Simply blend peanut butter with the juice from canned or cooked tomatoes, and add a little flour. Then add the hot cooked tomatoes, and season with salt and pepper.

The idea of combining peanuts with tomatoes or other vegetables can also be carried over to scalloped dishes, loaves, or croquettes. To make scalloped onions and peanuts, slice cooked onions into a baking dish and cover each layer with chopped peanuts and a sauce made of fat, flour, milk, and salt. Top with a layer of buttered crumbs and bake in a moderate oven for about 20 minutes until

the crumbs are golden brown. The flavor of the onions and peanuts combines into something quite different from either one alone.

Peanuts and carrots baked together in a loaf are another good combination to use as a main dish. So are chopped peanuts and bean pulp made into croquettes with a thick tomato sauce, and fried in deep fat. Adding tomatoes to these mixtures or serving with tomato sauce gives a suggestion of appetizing acid flavor.

To those who are surprised at the idea of using peanuts as a main dish, nutritionists explain that the food values found in peanuts give them the right to headline any meal. Like nuts, peanuts are rich in fat; and they are rich in protein, as are legumes. They are also a good source of phosphorus and vitamin B₁.

But aside from the food values, peanuts still have decided appeal on the basis of flavor. They are especially good when baked in cookies, cakes, biscuits, or rolls. Peanuts are so rich in fat that they may take the place of part or all the shortening in some recipes. For example, use less fat in biscuits that have peanut butter added, and make peanut butter drop cookies with peanut butter as the only source of fat.

Given below is one good recipe for biscuits flavored with peanut butter, worked out in the experimental kitchens of the Bureau of Home Economics.

Peanut Butter Biscuit

2 cups sifted flour	4 tablespoons peanut butter
3/4 teaspoon salt	2 tablespoons fat
4 teaspoons baking powder	Milk

Sift the dry ingredients, and rub the peanut butter and fat into the flour with the tips of the fingers. Make a well in this dry mixture, and, stirring from the center, slowly add enough milk to make a soft dough. Knead slightly, pat to about one-half inch thickness on a lightly floured board, and cut in rounds. Bake in a hot oven (400° F.) for about 15 minutes, or until lightly browned.

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

"A PLACE FOR EVERYTHING"
IN THE KITCHEN

Off the press in time to help those who are building a new house or remodeling this spring, is "Closets and Storage Spaces," a new publication of the U. S. Department of Agriculture. With illustrative plans and clear-cut description, the authors show how to make a house more livable with well-planned, strategically located closets and cupboards.

One of the most helpful sections in the bulletin is that on "Kitchen Storage." The average homemaker spends more working time in the kitchen than she does in any other room in the house. And she can work a lot more easily and quickly if tools and supplies are at her fingertips.

"One of the goals of kitchen planning is to reduce the number of steps necessary in performing routine tasks," according to the Bureau of Home Economics of the U. S. Department of Agriculture. "To accomplish this, modern kitchens are divided into 'work centers.' That is, all the supplies and all the equipment for one kind of kitchen work are grouped together."

In general, there are four work centers in the kitchen -- one for food preparation, one for serving, one for cooking, and one for dishwashing. Storage spaces should be arranged with reference to the work done at each center.

In a very compact kitchen all of these work centers -- except the one for cooking -- may be located near the sink. Such an arrangement is illustrated in .

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"Closets and Storage Spaces." It consists of a sink, flanked by drainboards that are really smooth-surface work tops. On each side, above and below the work surface are storage cabinets.

The natural way for a right-handed person to wash dishes is from right to left -- stacking the dishes on the right, and putting them to drain at the left. So the logical place to store dishes used most often is near the place where they are dried, in this case above the left drainboard. Such dishes include cereal and sauce dishes, cups, saucers, plates, and platters. The logical place to store everyday silverware and dish towels is in drawers below this drainboard.

In the arrangement illustrated in the bulletin this left drainboard is planned so that it can serve also as a serving center. Here the cook puts the food into serving dishes and adds any final touches before they go to the table. As mentioned already, the dishes used most often on the table are in easy reach in the cabinet above. In the cabinet below the working surface there is room for napkins, serving utensils, bread, and cake. Also below the work surface, there is a cutting board which pulls out.

Dual-purpose, too, is the right drainboard. Not only are dishes stacked here before they are washed, but it is also the food-preparation center. Here vegetables are prepared for cooking, cakes mixed up, pastry rolled, and similar operations carried out. Within easy reach in the cabinet below are cutlery, recipe books, cooking utensils, large supplies of flour and sugar. And in the cabinet above, there is room for spices, baking powder, soda, and all the other staple groceries.

As for the cooking center, that naturally revolves around the stove. Here, there needs to be storage space for articles used only at the stove, such as frying pans, heavy kettles, and pan lids. For a kitchen that uses a wood or coal range, the new bulletin suggests a combination utensil and fuel storage closet.

Cabinets, built-in or ready-made, are the most satisfactory for storing kitchen things. Shelves are best in cabinets above the work surface. Drawers are usually preferred below. But, because shelves are less expensive to build, many save on cabinet construction by using shelves throughout. All shelves should be made adjustable if possible, to avoid waste.

Dining room storage is necessarily planned in relation to kitchen storage. Many articles can be stored with equal convenience in either place. One of the least expensive types of dining room cupboard to build is the corner cupboard. Two such cupboards, placed in adjacent corners of the dining room, are decorative as well as useful.

Especially of interest to women who "put up" much food will be the part of the new bulletin devoted to food storage rooms -- for storing canned goods, small supplies of certain fresh fruits and vegetables, cured meat, and lard. With the help of the information given her here, any woman can figure out the amount of shelving and the distance between shelves needed for such articles that she ordinarily has on hand.

In the plans for the kitchen, dining room and food storage arrangements given in the bulletin, basic dimensions are marked on the plans. And for each plan an arrangement of fittings is suggested. However, both dimensions and arrangement of fittings may easily be adapted to fit individual needs.

A free copy of "Closets and Storage Spaces," Farmers' Bulletin 1865, may be obtained from the U. S. Department of Agriculture, Washington, D. C.

